ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (WLEVEX0716.0)
- the NAME of the product (WESLO PURSUIT R 20 exercise cycle)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see page 14)

WESLO is a registered trademark of ICON IP, Inc.

Part No. 239345 R0406A

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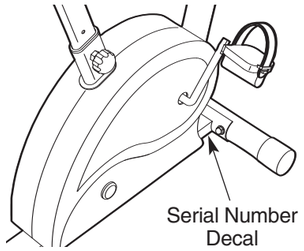
WESLO®
pursuit R 20

Model No. WLEVEX0716.0
Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please call:

08457 089 009

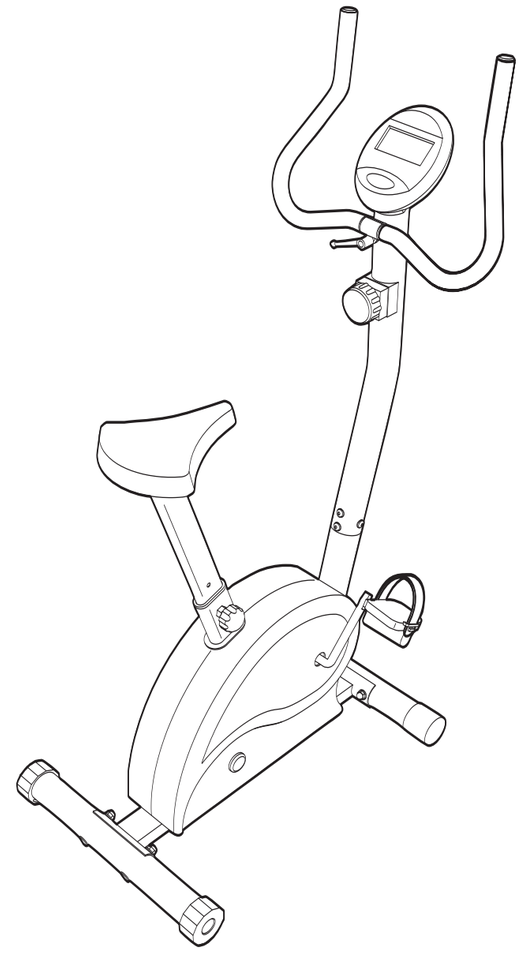
Or write:
ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

email: csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



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IMPORTANT PRECAUTIONS

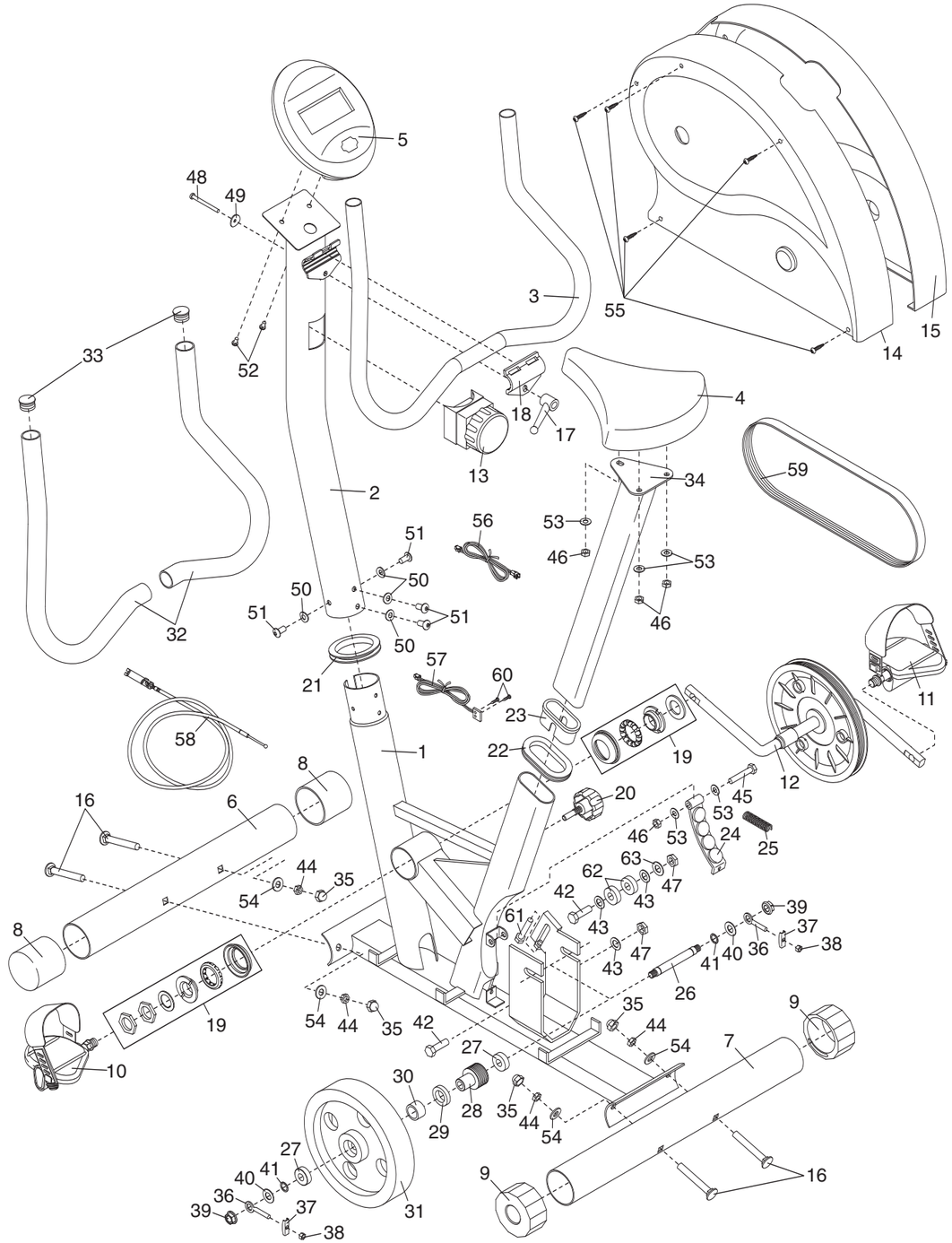
⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the exercise cycle.

1. **Read all instructions in this manual and all warnings on the exercise cycle before using the exercise cycle.**
2. **Use the exercise cycle only as described in this manual.**
3. **It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.**
4. **The exercise cycle is intended for home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.**
5. **Keep the exercise cycle indoors, away from moisture and dust. Place the exercise cycle on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the exercise cycle to mount, dismount, and use it.**
6. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
7. **Keep children under the age of 12 and pets away from the exercise cycle at all times.**
8. **Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise cycle. Always wear athletic shoes for foot protection.**
9. **The exercise cycle should not be used by persons weighing more than 115 kg (250 lbs.).**
10. **Always keep your back straight while using the exercise cycle; do not arch your back.**
11. **If you feel pain or dizziness while exercising, stop immediately and cool down.**
12. **A warning decal is found on the exercise cycle in the location shown on page 3. If the decal is missing, or if it is not legible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.**

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

EXPLODED DRAWING—Model No. WLEVEX0716.0

R0406A



PART LIST—Model No. WLEVEX0716.0

R0406A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	34	1	Seat Post
2	1	Upright	35	4	Acorn Cover
3	1	Handlebar	36	2	Eye Bolt
4	1	Seat	37	2	“U” Bracket
5	1	Console	38	2	M6 Nylon Locknut
6	1	Front Stabilizer	39	2	M10 Flange Nut
7	1	Rear Stabilizer	40	2	M10 Washer
8	2	Front Endcap	41	2	Flywheel Spacer
9	2	Rear Endcap	42	2	M12 x 40mm Bolt
10	1	Left Pedal/Strap	43	3	M12 Washer
11	1	Right Pedal/Strap	44	4	M10 Nylon Locknut
12	1	Crank/Pulley	45	1	M8 x 45mm Bolt
13	1	Resistance Control/Cable	46	4	M8 Nylon Locknut
14	1	Left Side Shield	47	2	M12 Nylon Locknut
15	1	Right Side Shield	48	1	M5 x 54mm Button Screw
16	4	M10 x 70mm Carriage Bolt	49	1	M5 Curved Washer
17	1	Adjustment Handle	50	4	M8 Curved Washer
18	1	Handlebar Clamp	51	4	M8 x 15mm Button Screw
19	1	Crank Bearing Set	52	2	M5 x 12mm Screw
20	1	Seat Knob	53	5	M8 x 1.2mm Washer
21	1	Upright Collar	54	4	M10 x 1.5mm Washer
22	1	Seat Post Collar	55	5	M4 x 35mm Screw
23	1	Seat Post Bushing	56	1	Upper Wire Harness
24	1	Resistance Magnet	57	1	Reed Switch/Wire
25	1	Spring	58	1	Lower Cable
26	1	Flywheel Axle	59	1	Belt
27	2	Flywheel Bearing	60	2	M4 x 15mm Screw
28	1	Flywheel Pulley	61	1	M8 x 50mm Bolt
29	1	Clutch Bearing	62	2	Idler Bearing
30	1	Flywheel Spacer	63	1	M12 Large Washer
31	1	Flywheel	#	1	User’s Manual
32	2	Foam Grip	#	2	Assembly Tool
33	2	Handlebar Endcap			

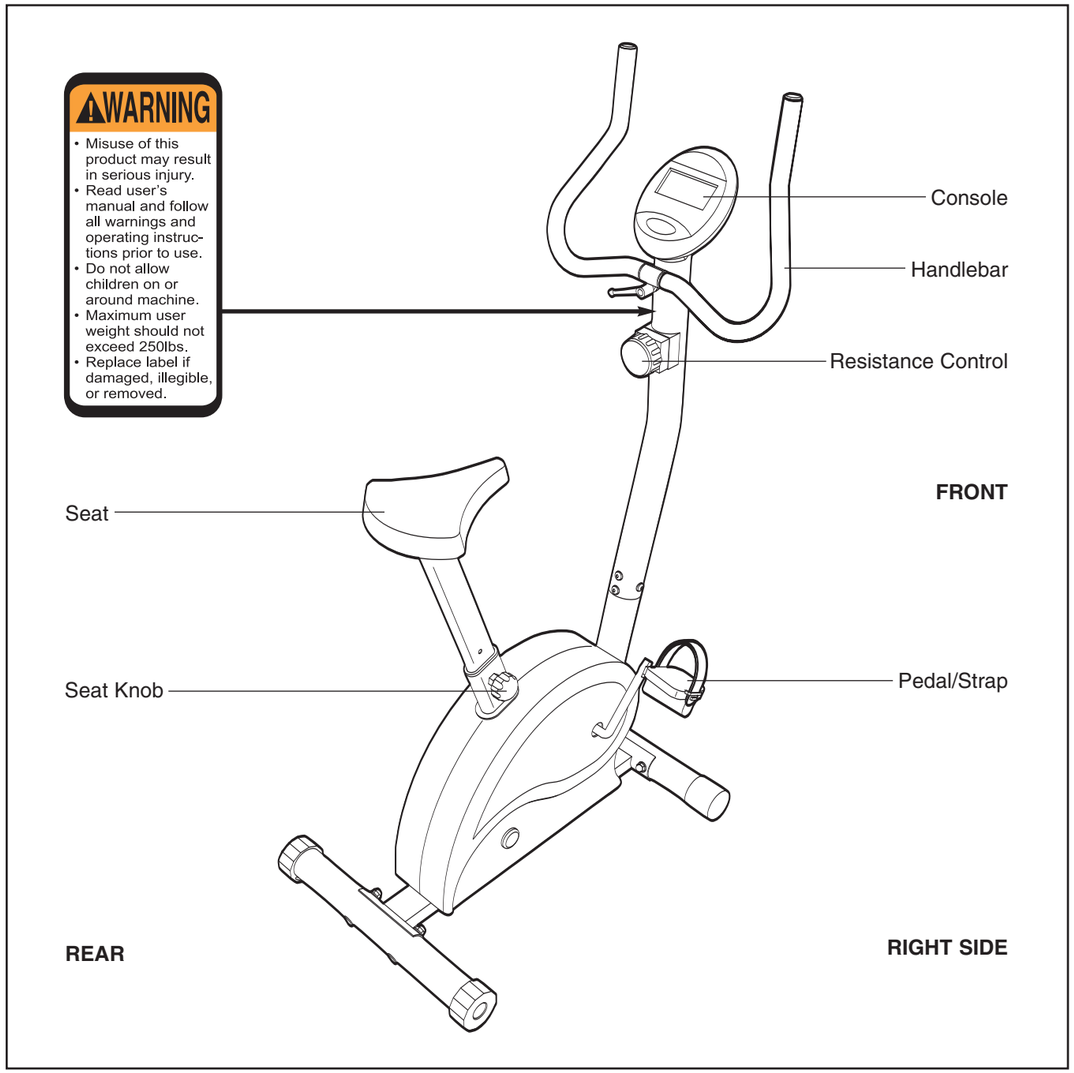
Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

BEFORE YOU BEGIN

Congratulations for selecting the new WESLO® PURSUIT R 20 exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the body. The PURSUIT R 20 exercise cycle offers a selection of features designed to let you enjoy this healthful exercise in the convenience and privacy of your home.

For your benefit, read this manual carefully before you use the exercise cycle. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number is WLEVEX0716.0. The serial number can be found on a decal attached to the exercise cycle (see the front cover of this manual for the location of the decal).

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

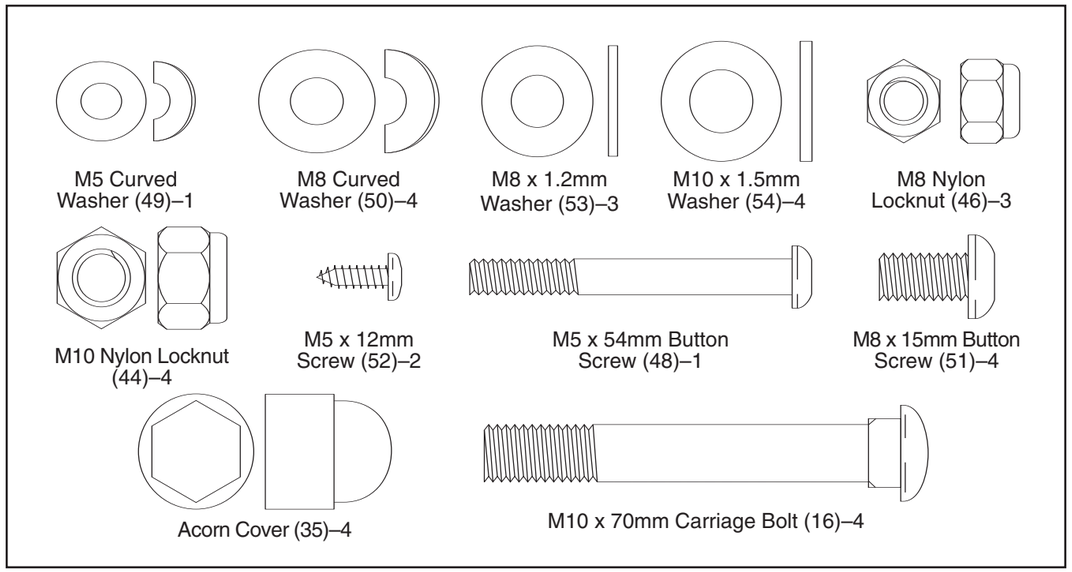

WARNING
• Misuse of this product may result in serious injury.
• Read user’s manual and follow all warnings and operating instructions prior to use.
• Do not allow children on or around machine.
• Maximum user weight should not exceed 250lbs.
• Replace label if damaged, illegible, or removed.
Console
Handlebar
Resistance Control
Seat
Seat Knob
Pedal/Strap
FRONT
REAR
RIGHT SIDE

ASSEMBLY

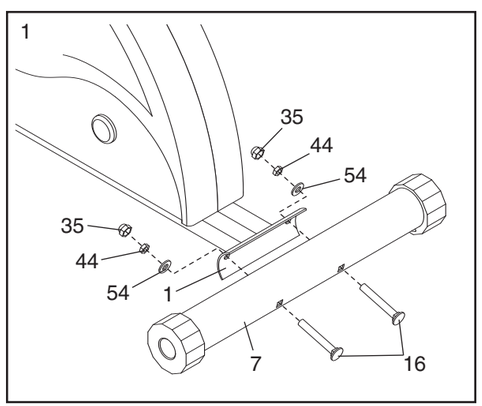
Assembly requires two persons. Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Assembly requires the included tools and your own adjustable spanner , Phillips screwdriver , and pliers .

As you assemble the exercise cycle, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part. The number following the parentheses is the quantity needed for assembly. **Note: Some small parts shown in the assembly steps may be pre-assembled. If a part is not found in the parts bag, check to see if it is pre-assembled.**


M5 Curved Washer (49)–1
M8 Curved Washer (50)–4
M8 x 1.2mm Washer (53)–3
M10 x 1.5mm Washer (54)–4
M8 Nylon Locknut (46)–3
M10 Nylon Locknut (44)–4
M5 x 12mm Screw (52)–2
M5 x 54mm Button Screw (48)–1
M8 x 15mm Button Screw (51)–4
Acorn Cover (35)–4
M10 x 70mm Carriage Bolt (16)–4

1. While another person lifts the rear of the Frame (1), attach the Rear Stabilizer (7) to the Frame with two M10 x 70mm Carriage Bolts (16), two M10 x 1,5mm Washers (54), and two M10 Nylon Locknuts (44) as shown. Next, press two Acorn Covers (35) onto the Nylon Locknuts.



EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

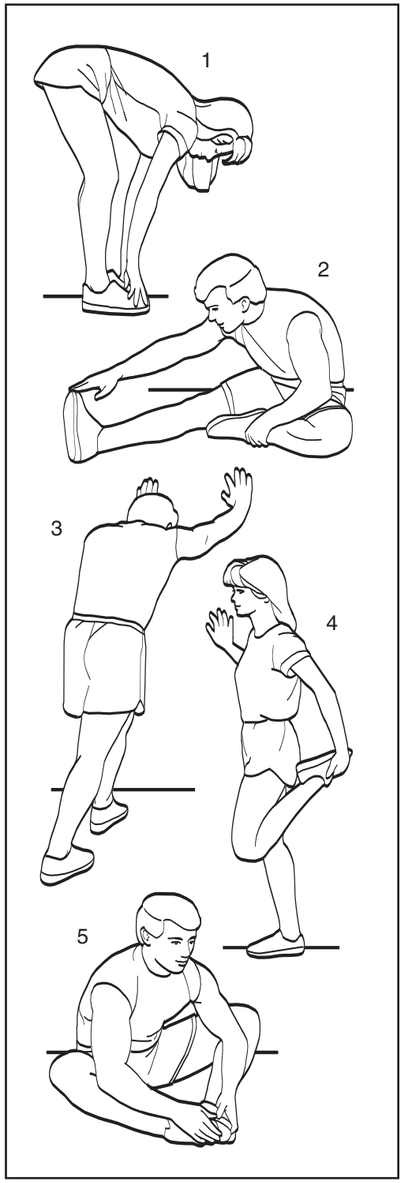
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	♥
145	*138*	*130*	*125*	*118*	*110*	*103*	♥
125	*120*	*115*	*110*	*105*	*95*	*90*	♥
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your "training zone." The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; the highest number is the recommended heart rate for aerobic exercise.

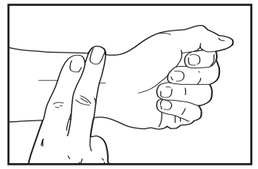
Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone as you exercise. For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

HOW TO MEASURE YOUR HEART RATE



To measure your heart rate, first exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.)

WORKOUT GUIDELINES

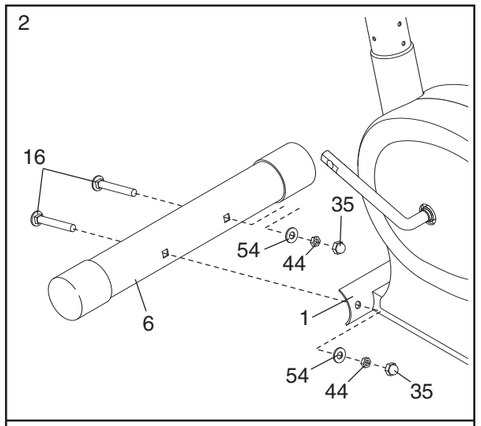
Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. Note: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.

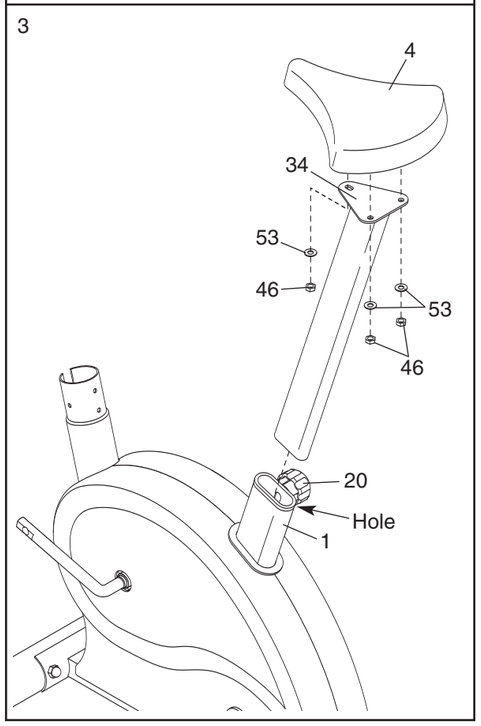
A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

2. While another person lifts the front of the Frame (1), attach the Front Stabilizer (6) with two M10 x 70mm Carriage Bolts (16), two M10 x 1,5mm Washers (54), and two M10 Nylon Locknuts (44) as shown. Next, press two Acorn Covers (35) onto the Nylon Locknuts.



3. Attach the Seat (4) to the Seat Post (34) with three M8 x 1,2mm Washers (53) and three M8 Nylon Locknuts (46). Note: The Washers and Nylon Locknuts may be preattached to the underside of the Seat.

   Turn the Seat Knob (20) counterclockwise and remove it. Next, insert the Seat Post (34) into the Frame (1). Align one of the adjustment holes in the Seat Post with the indicated hole in the Frame. Insert the Seat Knob into the Frame and the Seat Post, and turn the Seat Knob clockwise until it is tight. **Make sure that the Seat Knob is inserted into one of the adjustment holes in the Seat Post.**



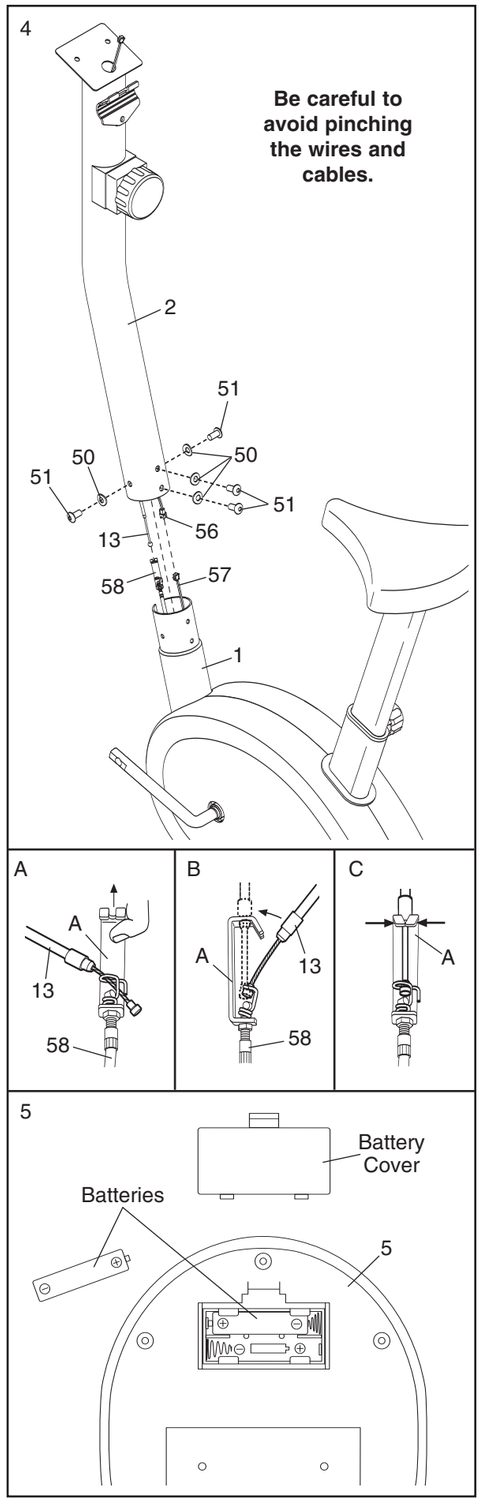
4. While another person holds the Upright (2) in the position shown, connect the Upper Wire Harness (56) to the Reed Switch Wire (57). Next, connect the Resistance Cable (13) to the Lower Cable (58) in the following way:

   • See drawing A. Pull up on the metal bracket (A) on the Lower Cable (58), and insert the tip of the Resistance Cable (13) into the wire clip inside of the metal bracket.

   • See drawing B. **Firmly** pull the Resistance Cable (13) and slide it into the metal bracket (A) on the Lower Cable (58) as shown.

   • See drawing C. Using pliers, squeeze the prongs on the upper end of the metal bracket (A) together.

   Carefully pull the excess Upper Wire Harness (56) out of the top of the Upright (2), push the excess Cables (13, 58) down into the Frame (1), and slide the Upright onto the Frame. **Be careful to avoid pinching the Wires and Cables.** Next, attach the Upright with four M8 x 15mm Button Screws (51) and four M8 Curved Washers (50).



5. The Console (5) requires two 1,5V AA batteries; alkaline batteries are recommended. Remove the battery cover from the Console. Insert two batteries into the Console. **Make sure that the batteries are oriented as shown by the markings inside the Console.** Then, reattach the battery cover.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the exercise cycle regularly. Replace any worn parts immediately.

To clean the exercise cycle, use a damp cloth and a small amount of mild detergent.

Important: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

BATTERY REPLACEMENT

If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. To replace the batteries, see step 5 on page 6.

3. **Select one of the modes.**

Scan mode—To select the scan mode, repeatedly press the MODE button until the word SCAN appears in the display.

Time, speed, distance, odometer, or calories mode—To select one of these modes for continuous display, repeatedly press the MODE button until the desired selection appears in the display. **Make sure that the word SCAN does not appear in the display.**

Note: To reset the time, distance, or calories mode, first make sure that the word STOP appears in the display. Next, press the MODE button until the letters TMR, DST, or CAL appear in the display. Make sure that the word SCAN does not appear. Then, press the RESET button.

4. **Begin pedaling and follow your progress with the display.**

As you exercise, the console will display the mode(s) that you select. If you have set a workout goal, a tone will sound for several seconds when you reach your goal.

5. **When you are finished exercising, the console will automatically turn off.**

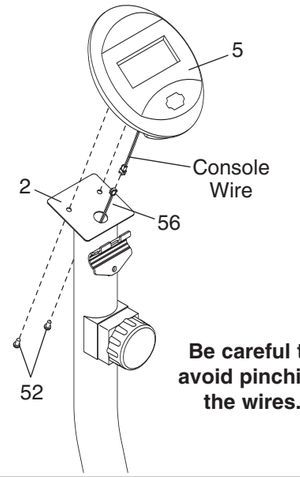
If the pedals are not moved for a few seconds, the word STOP will appear in the display, and the console will pause.

The console has an “auto-off” feature. If the pedals are not moved and the console buttons are not pressed for a few minutes, the power will turn off automatically to save the batteries.

6. Have another person hold the Console (5) near the Upright (2). Connect the console wire to the Upper Wire Harness (56).

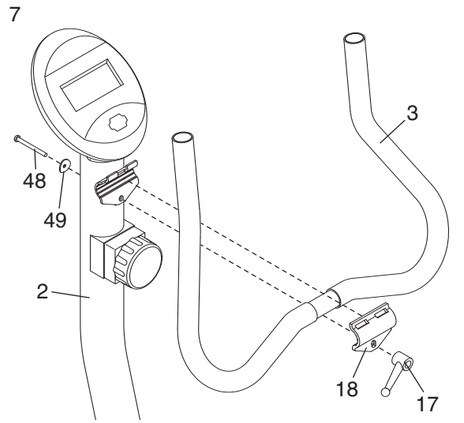
Insert the excess console wire and Upper Wire Harness (56) down into the Upright (2). Attach the Console (5) to the Upright with two M5 x 12mm Screws (52). **Be careful to avoid pinching the wires.**

6



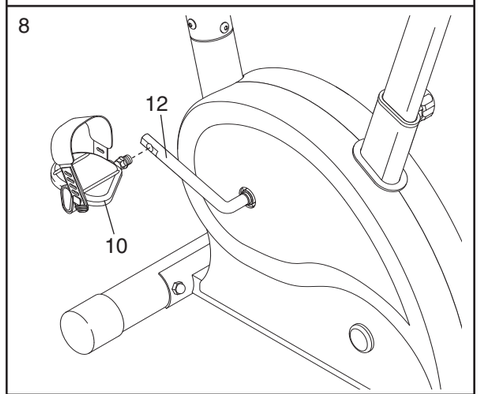
7. Attach the Handlebar (3) to the bracket on the Upright (2) with the Handlebar Clamp (18), an M5 x 54mm Button Screw (48), an M5 Curved Washer (49), and the Adjustment Handle (17).

7



8. Identify the Left Pedal (10), which is marked with a sticker. Using an adjustable spanner, **firmly tighten** the Left Pedal *counterclockwise* into the left arm of the Crank (12). Tighten the Right Pedal (not shown) *clockwise* into the right arm of the Crank. **Important: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals. For best performance, the Pedals must be kept tightened.**

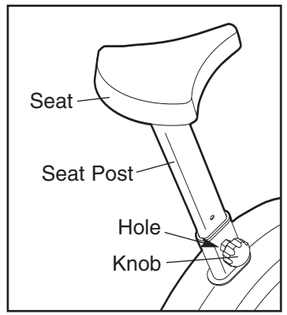
8



9. **Make sure that all parts are properly tightened before you use the exercise cycle.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise cycle to protect the floor.

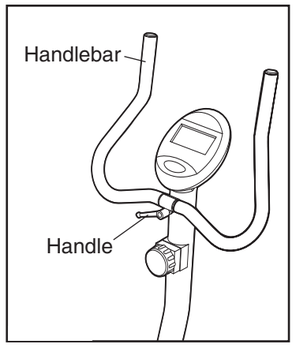
HOW TO OPERATE THE EXERCISE CYCLE

HOW TO ADJUST THE SEAT POST



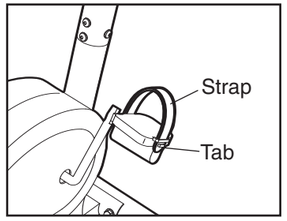
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the height of the seat, first turn the indicated knob counterclockwise and remove it. Next, slide the seat post up or down, and align one of the adjustment holes in the seat post with the indicated hole in the frame. Then, insert the knob into the frame and the seat post, and turn the knob clockwise until it is tight. **Make sure that the knob is inserted into one of the adjustment holes in the seat post.**

HOW TO ADJUST THE HANDLEBAR



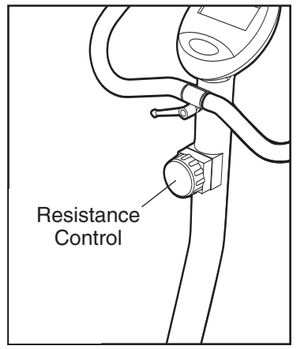
To adjust the handlebar, first turn the indicated adjustment handle counterclockwise to loosen it. Note: The adjustment handle works like a spanner. Turn the handle counterclockwise, pull it away from the handlebar, turn it clockwise, push it toward the handlebar, and then turn it counterclockwise again. Repeat until the handlebar is loose. Move the handlebar up or down to the desired position and then retighten the handle.

HOW TO ADJUST THE PEDAL STRAPS



To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Adjust the straps to the desired position, and press the ends of the straps back onto the tabs.

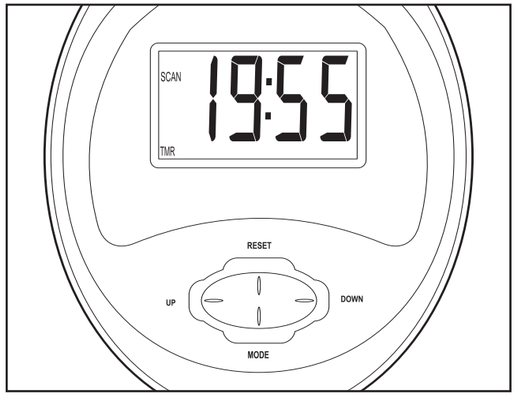
HOW TO ADJUST THE PEDALING RESISTANCE



To increase the resistance of the pedals, turn the resistance control clockwise; to decrease the resistance, turn the control counterclockwise. **Important: Stop turning the control when turning becomes difficult, or damage may result.**

FEATURES OF THE CONSOLE

The easy-to-use console features five modes that provide instant exercise feedback during your workouts. The modes are described below.



Scan (SCAN)—This mode displays the time, speed, distance, odometer, and calories modes, for a few seconds each, in succession.

Time (TMR)—This mode displays the elapsed time. Note: If you set a time goal (see step 2), this mode will display the time remaining in your workout.

Speed (SPD)—This mode displays your pedaling speed, in kilometers per hour or miles per hour.

Distance (DST)—This mode displays the distance you have pedaled during your workout, in kilometers or miles. Note: If you set a distance goal (see step 2), this mode will display the distance remaining in your workout.

Calories (CAL)—This mode displays the approximate number of calories you have burned during your workout. Note: If you set a calorie-burning goal (see step 2), this mode will display the number of calories still to be burned in your workout.

HOW TO USE THE CONSOLE

Make sure that there are batteries in the console (see assembly step 5 on page 6). If there is a sheet of clear plastic on the face of the console, remove it.

Note: You can set the console to display speed and distance in either kilometers or miles. When you insert batteries into the console, "KPH" will begin to flash in the display. While "KPH" is flashing, you can press the MODE button repeatedly to switch between "KPH" (kilometers) and "MPH" (miles). A few seconds after you have selected "KPH" or "MPH," the unit of measurement will be set.

Follow the steps below to operate the console.

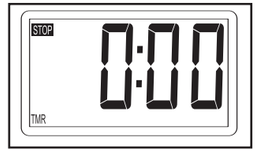
1. Turn on the console.

To turn on the console, press any button on the console or simply begin pedaling.

2. Set a workout goal if desired.

To set a time, distance, or calorie-burning goal for your workout, first stop pedaling and wait for the word STOP to appear in the display.

Next, press the MODE button repeatedly until the letters TMR, DST, or CAL appear near the lower edge of the display. **Make sure that the word SCAN does not appear.**



Next, press the UP button repeatedly to set a goal. To set a goal quickly, hold down the UP button. To reset the goal, press the RESET button.